

# I Can Wait for What I Want

## Topic: How to Control Your Impulses



My mother bought ice cream for dessert.

Ice cream is my favorite!

When she starts serving us, I am very anxious and excited.

I want to be the first one to get some ice cream.

She serves my brother before me. I don't like waiting, but I stay calm.

I am patient until it is my turn.

The ice cream is delicious!

### **The Facts**

- Sometimes it is hard to wait for something you want.
- It helps to stay calm.

## Questions

Do you like waiting your turn? Why or why not?

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How do you feel when you must wait your turn?

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Does it look like the boys in the picture got what they wanted by waiting? How can you tell?

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